

Rape HURTS

Every survivor of sexual assault reacts differently. If you have been hurt, remember it wasn't your fault. Find someone you can talk to about what has happened. The actual rape is only part of what a survivor experiences. They may also experience problems.....

....Physically

- Feeling sick, throwing up
- Pregnancy
- HIV or AIDS
- Sexually Transmitted Diseases
- Feeling dirty, taking showers and still not feeling clean
- Injuries from assault like cuts, bruises, broken bones and soreness
- Not wanting to eat or overeating
- Headaches
- Sleeping all the time or not being able to fall asleep
- Nightmares

....Socially

- Wanting to be alone
- Avoiding friends—especially ones who know what happened
- Not going out or doing things you used to enjoy
- Afraid to be alone at home or out in public
- Difficulty trusting others

....Emotionally

- Having flashbacks—seeing things that remind you of the assault
- Feeling unsafe when you fall asleep, are alone, or return to the place you were assaulted
- Feeling angry at the rapist, friends who don't understand, police officers, and yourself
- Feeling blamed or responsible for the assault
- Wanting to escape—drinking or using drugs to forget, changing friends, or attempting suicide
- Crying or not being able to cry
- Feeling irritable
- Feeling powerless, like you have no control over your life and emotions
- Not wanting to talk, trying to forget the rape happened
- Appearing okay on the outside, but feeling out of control on the inside
- Having thoughts like.....What will people think of me? Will they blame me? Why did this happen to me? If I just forget about it, it will go away.

....in School

- Skipping class
- Unable to think about or do school work
- Afraid of seeing the rapist in the halls or in class

....in Dating Relationships

- Not trusting your partner
- Fearing your partner won't care about you after the assault
- Being intimate with your partner brings back painful memories
- Having many sexual partners because you feel like your sexuality doesn't matter anymore

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